

Looking after your new dentures

Information for patients



Getting used to your new dentures

For the first few weeks your new dentures may feel bulky and odd. You will need to practise putting them in and taking them out and with time you will become used to them.

Your speech may be affected at first but this nearly always improves after a few days of practice. The more often you wear your dentures, the more quickly you will get used to them.

Wearing your dentures

- Wear your dentures as much as you can during the day, remembering to remove and clean after you have eaten.
- It is really important to **remove** your dentures before you go to bed. This allows your gums to rest, which helps your mouth to stay healthy.
- You may find there is excess saliva in your mouth for the first few days of wearing your new dentures, but this will settle as you get used to them.
- You may need, or prefer to use a denture fixative to help hold the dentures in place. Fixative should be applied as several dots on the surface of the denture which sits against your gum. Do not apply a thick layer as it can stop the denture from sitting properly in your mouth. Denture fixative should be removed from gums and denture when cleaning at the end of every day.
- Have a safe place to store dentures when you are not wearing them, such as a tub or box. Do not to wrap them in a tissue as they can be easily lost or thrown away.

Cleaning your dentures

- Dentures must be removed and cleaned every night before you go to bed, and can also be cleaned during the day after meals if required.
- Use a soft toothbrush or denture brush to clean your denture with soap and warm water. Abrasive pastes or smokers' toothpastes can scratch your denture.
- Leave your dentures soaking in cold water when you are not wearing them, to prevent them drying out. You can use cleaning solutions for soaking them if you wish but follow the manufacturer's instruction. Do not soak the dentures in cleaning solutions overnight as this can damage them.
- Dentures can break if you drop them, so be sure to clean them over a sink / bowl filled with water just in case they accidentally slip out of your hands.

Eating with your new dentures

- It will take time to get used to eating with your new dentures. Start with very soft foods and gradually progress to more solid food.
- Cutting your food into smaller pieces and chewing on both sides of your mouth may help prevent your dentures from tipping.
- Try to avoid biting with your front teeth – as this may rock/tip your dentures.

Discomfort from your dentures

- It is common to have sore spots from your dentures over the first few days after they are fitted. If these do not improve then you will need to see your dentist to have the dentures adjusted to make them comfortable again.

Care of your mouth

- With partial dentures (where you still have some of your natural teeth left in your mouth), you must take extra care of your teeth and gums as food and plaque builds up more quickly in the areas where the dentures sit against natural teeth.
- Always remove your partial dentures before brushing your teeth. You should brush your natural teeth twice daily and clean your dentures at the same time at night. Leave your dentures soaking in cold water after brushing when you are not wearing them.
- With full dentures, you can still brush your gums, tongue, and palate with a soft brush daily. This helps maintain the general health of your mouth.

Replacing dentures

- Your mouth does change shape over time and dentures do generally become stained and worn, so dentures will usually need to be relined or remade at some point.
- Dentures become loose because the mouth naturally changes shape with age, but the degree of change varies between each individual.

More information

If you have any further questions or concerns, your dentist or dental nurse will be very happy to discuss them with you.

